

# WARREN SENTINEL



"Jolly Rogers"

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F. E. Warren Air Force Base, Wyo.

Feb. 10, 2006

AAHM

Message from AFSPC CV 3

Moving to the Pentagon

20 AF general moves on 5

Golden Apple

CDC Teacher wins award 16

February is African American  
Heritage Month



## FINAL CALL

General Lance W. Lord, Commander, Air Force Space Command, talks to Airmen during his commander's call here Tuesday. It was his last visit to Warren before retiring March 3. See Page 12 for more on the general's visit.

Photo by Justin Nestorick

Iron Chef  
competition

6



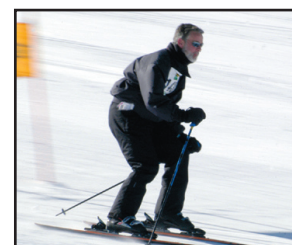
Sergeant  
killed in car  
crash

9



SnoFest  
2006

17





# Commentary

## Football more than just a game

**Lt. Col. Peter Zuppas**  
35th Operations Group

**MISAWA AIR BASE, Japan** - On a recent Sunday, my 6-year-old son said to me, "Dad, you spend too much time watching football on TV."

I was caught off-guard and busy (watching the game) but managed to mutter something like, "Son, someday you will understand" - but I quickly realized I'd have to drum up a better response ... or possibly be shamed into watching less football.

So, from an Air Force and career military perspective - and to justify my football addiction - here it goes...

American-style football is about as distinctly American as you can get. Maybe more than any other sport, it emphasizes qualities especially important in military life, including courage, teamwork and a fighting spirit.

When you think about it, football is a lot like a military operation. It has elements of strategy, offense, defense, collisions, speed, agility, power, grace and results on every play. Also there are blitzes, trenches and bombs. How could we not love it?

It is no coincidence that one of the longest rivalries in college football is the annual Army-Navy game which dates back more than 100 years. We have even named some of our tactics after football, such as the "Hail Mary Maneuver" in the Gulf War and "Operation Linebacker" in Vietnam.

Football is based on tactics of maneuver and concentration of forces in order to penetrate the enemy's lines and cut off their lines of communication. Football has specialty positions and strategies that combine speed, power, surprise and science all coming together for a successful game plan. Football is a game of intensity - but also one with strict rules of engagement.

But most of all football - like our military - emphasizes team work and a

fighting spirit.

"Winning isn't everything; it's the only thing" is the most famous quote attributed to the legendary Green Bay Packer coach Vince Lombardi. Consider some of his other quotes and imagine what a military mentor he would make:

"Winning is not a sometime thing; it's an all-the-time thing. You don't win once in a while; you don't do the right thing once in a while; you do them right all the time..."

"Football is a great deal like life in that it teaches that work, sacrifice, perseverance, competitive drive, selflessness and respect for authority is the price each and every one of us must pay to achieve any goal that is worthwhile."

"It is essential to understand that battles are primarily won in the hearts of men."

And finally...

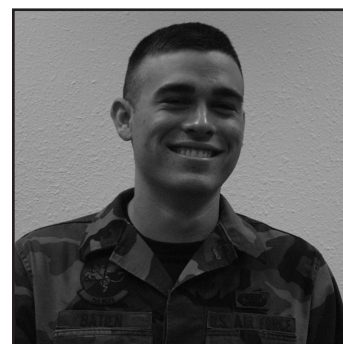
"The spirit, the will to win, and the will to excel are the things that endure. These qualities are so much more important than the events that occur."

Other things may come and go but what must endure (in addition to football), what we must cultivate and what elevates us is a fighting team spirit that can never wane. I imagine Coach Lombardi would have surely been a "Fly, Fight and Win" Air Force fan!

Well, that's justification enough for me. Back to watching football - and teaching my son that it's more than just a game.

## Street Talk

*The Warren Sentinel asked Warren members, "What event are you most excited about for the Winter Olympics?"*



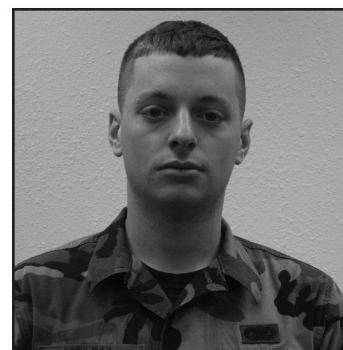
"I want to see the skiing jumps."

**- Airman Brennan Batien, 790th Missile Security Forces Squadron**



"I am gonna be sure to catch the curling because it's the weirdest looking sport I've ever seen and probably the most nerve-racking for the guys doing it."

**- 2nd Lt. Carey Wooten, 90th Space Wing**



"I'm looking forward to bob-sledding."

**- Airman 1st Class Dan Voliva, 790th Missile Security Forces Squadron**



"I want to see the down hill racing."

**- Airman 1st Class Juan Guardiola, 90th Maintenance Operations Squadron**

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90th Space Wing Commander

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**Senior Airman Lauren Hasinger**  
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Staff writer

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# African-American Heritage is American heritage

**Lt. Gen. Frank G. Klotz**  
*Vice Commander, Air Force Space Command*

*Editor's note: This article is taken from a speech by Lt. Gen. Frank G. Klotz, Vice Commander of Air Force Space Command, delivered during African-American Heritage Month observances at Malmstrom Air Force Base, Mont., last year.*

In the 1920's, Dr. Carter G. Woodson concluded that if African Americans were to take their rightful place in society, young Americans of all races needed to learn about African-American contributions to our history and culture. In 1926, he launched the first Black History Week; and, today a movement that originally began in churches and schoolrooms is observed all across America as African-American Heritage Month.

As Dr. Woodson rightly stated, African-American heritage should not be remembered and celebrated by just one segment of the American population. Rather, African-American history is America's history, shared by and affecting all citizens of our great country regardless of background or individual experiences.

The accomplishments and contributions of African Americans to our society, to our culture, to our identity as a nation are numerous and varied. We'd be hard pressed to find any facet of American life that has not been shaped and immeasurably enriched by their knowledge, wisdom, and talents.

In literature, for example, you'll find Ralph Ellison's *Invisible Man* and James Baldwin's *Go Tell It on the Mountain* on the Modern Library's list of the best novels in the English language. Toni Morrison's *Beloved* won the 1988 Pulitzer Prize in Fiction and, five years later, she was awarded the Nobel Prize as one "who gives life to an essential aspect of American reality."

In music, African Americans like the late Ray Charles, who was honored with eight Grammy Awards last year, have pioneered sounds and styles that have influenced virtually every aspect of the American music scene.

Theater and film have also been greatly influenced by powerful performances by African Americans like the late Ossie Davis, who received Kennedy Center Honors in 2004 for a lifetime of achieve-

## THE ACCOMPLISHMENTS AND CONTRIBUTIONS OF AFRICAN AMERICANS TO OUR SOCIETY, TO OUR CULTURE, TO OUR IDENTITY AS A NATION ARE NUMEROUS AND VARIED.

**Lt. Gen. Frank G. Klotz**  
*Vice Commander, Air Force Space Command*

ment in the arts.

And, beyond the arts, African-American scientists, inventors, and engineers like George Washington Carver, Elijah McCoy, and Benjamin Banneker have helped unleash the tremendous resources of our country.

Yet, the most important contributions of famous African Americans, in my mind, have been in the realm of political ideals and moral values. Perhaps I feel this way because my own academic training is in political history and philosophy. Perhaps it's also because my generation witnessed first hand the vision, courage, and persistence that the great civil rights leaders displayed in confronting the evils of segregation and racial inequality, and in re-directing an entire nation toward the goals upon which it was originally founded.

In pursuit of this noble and historic mission, Dr. Martin Luther King Jr. and others laid out the tenets of a moral philosophy that will no doubt inspire and inform Americans of all races on how to conduct themselves as citizens for generations to come. The list is long; but, let me suggest a few examples particularly relevant to those of us who serve in our nation's Armed Forces.

In his famous 1963 "I Have a Dream" speech, Dr. King said, "We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force."

I think the example of Benjamin O. Davis Jr.'s experience at West Point in the 1930s illustrates this point beautifully. Davis was the only African-American cadet in his class, and he entered the academy mindful that no other African American had graduated since

Charles Young, nearly 50 years earlier. From the outset, Davis' classmates actively shunned him. Yet he remained resolute in his determination and did not falter. He ultimately graduated in the top 15 percent of his West Point class; was commissioned a second lieutenant in the infantry; became the first African-American officer to solo in an Army Air Corps aircraft; commanded the famous Tuskegee Airmen who, flying fighters in the European Theater during World War Two, never lost an American bomber to an enemy aircraft in over 200 escort missions; and, became the first African American to wear an Air Force star. His life and service so powerfully demonstrate that whatever challenge we may personally or professionally confront, if we maintain our dignity and discipline, we can achieve truly magnificent things.

Dr. King also talked about how every job was important, and everyone should do his or her particular job to the absolute best of his or her ability. He said, "Whatever your life's work is, do it well."

His point speaks directly to us in the profession of arms. Everyone in a military organization is vitally important to the success of the mission. No job is any more or less important than any other job in our outfit. No matter what your assigned task, you should do it as if someone else's life or welfare depended on it – because it probably does!

Finally, in all times and places, African Americans have demonstrated that they were willing to fight for what they knew to be true, even at the cost of their personal safety and even their lives. Through courage and self-sacrifice, they advanced the cause for equality, individually and en masse.

During the Battle of the Bulge in World War II, when front-line troops were thinning under the

German assault, a call went out to African-American units for volunteers to reinforce the lines. More than four thousand men answered the call. Their performance in battle won the respect of all and drove another wedge into the barrier of segregation.

Dr. King, again, perhaps said it best when he remarked "there are some things so dear, some things so precious, some things so eternally true, that they're worth dying for...if a man has not discovered something that he will die for, he isn't fit to live." This is the same kind of courage each of us in the military must possess; the same kind of self-sacrifice that we must also be prepared to make.

We can take pride that many of these ideals are an integral part of the profession of arms. And we can take pride that the military has long been a leader in recognizing and advancing the concept of equality advocated by our great civil rights leaders. It has in fact led the way in correcting injustices, and today can rightly claim to practice the highest standards of equality and opportunity found anywhere in the land.

But, we'd be less than honest if we did not admit that even in today's military we still have work to do to ensure that all our people – regardless of race, ethnicity, gender, or religion – are treated fairly, and equally, and with dignity. One of the most important keys to success in the military is mentoring – that is, teaching our young Airmen how to perform their jobs and how to meet the unique standards we expect of them in the profession of arms. But, unfortunately experience shows that it is often difficult for individuals to mentor people who have different backgrounds and interests than their own.

Commanders and supervisors at every level must be aware of this often unrecognized barrier to full equality and through sheer force of will ensure that all our Airmen receive the mentoring they need to reach their full potential. For, as military professionals, we are in fact alike in more ways than we are different. And with that realization will come, at least in part, the fulfillment of the dreams of generations of courageous individuals who struggled and sometimes died to ensure that one day all Americans would have an equal opportunity to share in the benefits and blessings of our great land.

FPA



# Twentieth AF general moves to Pentagon

## Mobilization Assistant to work for Undersecretary of the Air Force

**Airman 1st Class Connor Elayan**  
*90th Space Wing  
 Public Affairs*

After three years of service at Twentieth Air Force, Brig. Gen. Frank Casserino, Twentieth AF Mobilization Assistant to the Commander, is moving on to the Pentagon as the Mobilization Assistant to Dr. Ronald Sega, Undersecretary of the Air Force.

"I have been in space for my entire career, almost 29 years now," said General Casserino. "This was my first assignment in the missile business. I had heard a lot about it, but these three years have been extraordinary ... the things I've learned, the people I've met, the mission and the professionalism."

General Casserino has been a part of many notable Twentieth plans and programs but says his biggest accomplishment here was taking the air reserve component concept a few steps farther.

"Before I came here, folks knew about the reserves, but not much about it. I believe now the members of Twentieth AF look to the ARC as part of the team, and that only happens when you are consistent in your support

and you continue to do a good job. These two things bring credibility in doing the mission," said General Casserino. "That's not an accomplishment of mine, but all of the reservists and guardsmen who have been assigned to Twentieth Air Force. I think they have done such an excellent job that people recognize their value and want to increase the ARC support to the organization."

While the general has not been able to see through all the changes of the Twentieth AF's Individual Mobilization Augmentee (IMA) program, he is confident that his predecessor will continue to help the program improve.

"You plant some seeds, and unfortunately you don't get to see them all come to fruition," said General Casserino. "I can assure you that these efforts will be carried on by whoever takes my place, and I know that the program will continue to grow and the air reserve component will continue to have a major role in the Twentieth Air Force mission."

General Casserino will be filling a new position that was just created by the Air Force. He is excited to use his years of experience to help fulfill his new responsibilities.

"I am assuming that with my 29 years of space experience, I am going to be able to bring a lot of that experience to help the undersecretary do his job. I will also bring the experience of the ARC and see how we can continue to best utilize the reserves and the ARC to help the Air Force do its mission," said General Casserino.

Since it is a new position, the general looks forward to finding out just what exactly his responsibilities will be.

"It is a larger scope than what we have here at Twentieth, so I see my scope of responsibilities definitely expanding," said General Casserino. "It is going to be fun to help define what that job is going to be and the kind of impact that job is going to have."

General Casserino urges servicemembers of the Twentieth AF to recognize what an integral part of the team the ARC is.

"Look toward them as key team members," said the general. "The ARC are professionals who have a lot of experience. They want to see the mission be a success just like you do."

The general thanks the men and women of the Twentieth AF and 90th Space Wing



Photo by Mark Crabtree

**Brig. Gen. Frank Casserino, Twentieth Air Force Mobilization Assistant to the Commander, enjoys company during his farewell luncheon at the Trail's End Club Feb. 3. General Casserino will be moving on to the Pentagon to serve as Mobilization Assistant to the Undersecretary of the Air Force.**

for making his assignment enjoyable.

"It's been my pleasure and honor to be a part of the Twentieth Air Force family. My wife, Gloria and I have thoroughly enjoyed this assignment," said General Casserino. "I want to thank Col. (Michael) Carey (90 SW Commander) and the 90th for being great hosts every time I have been here. I'd also like to thank the people at Twentieth Air Force headquarters

for accepting me as part of the team. God Bless and all the best!"

While General Casserino will miss the Twentieth, the Twentieth will also greatly miss the general.

"General Casserino was a huge asset to the 20th AF and he will be missed greatly," said Brig. Gen. Thomas Deppe, 20 AF Commander. "We wish him the best of luck as he transitions to the Pentagon."

## Briefs

### Claims against Warren member

Maj. Bobbie Munsell, 90 Comptroller Squadron Commander, regrets to inform personnel of the death of Staff Sgt. Stephen W. Marquez, 90 CPTS. Any persons having claims against or in behalf of Sergeant Marquez should present either claim to 1st Lt. Heriberto Marin-Ruiz, 90 CPTS, at 773-1896.

### Police tip

Disobeying traffic signals and stop signs is not only against the law, but it is a safety issue. When coming to a traffic signal or stop sign come to a complete stop. Slowing down and making sure it's safe before cruising through the stop sign or traffic signal (also known as a "California stop" or "rolling stop") is illegal and can cost four points on a base driving record, a \$30 fine, and a trip to see a first sergeant or commander. The majority of fatal accidents in the United States are caused by people running red lights or stop signs. Do not risk a life for the few seconds saved by disobeying the law.

### DTS training

Defense Travel System training is scheduled to be held from 9:30 to 11:30 a.m. Feb. 28 at the base theater. This training is for members who currently use the system or have the possibility to use it.

For more information, call Staff Sgt. Jennifer Thomas at 773-2654.

### Annual Awards Banquet

The 2005 Annual Awards Banquet is scheduled for Feb. 24 at the Trail's End Club. The cost is \$18 for members and \$20 for non-members. Social hour begins at 6 p.m., with the main ceremony starting at 7 p.m. Contact your group representative for tickets and more information. The deadline for ticket sales is Wednesday.

90 MDG: Master Sgt. Frederick Carson, 773-3305

90 MXG: Senior Master Sgt. David McLain, 773-2259

90 SFG: Senior Master Sgt. Bertell Francois, 773-4569

90 MSG: Master Sgt. Rebecca Weber, 773-2043

90 OG: Master Sgt. Michael Whittaker, 773-4210

90 SW: Master Sgt. Robert Hughes, 773-2256



Photo by Airman Brandy Holcepl

## IRON CHEF

Staff Sgt. Julie Little, 90th Operations Support Squadron, slices an orange to garnish the chicken fried rice, Chamorro style, she made for the Iron Chef Competition Feb. 3 at the Chapel Activities Center.

# MAD CREW

## Scholarship Program

*Open to senior airmen and below.*

Applications available at the education center or at any MAD Crew meeting beginning in February.



Help keeping both stacks in check!



For more information contact  
Senior Airman Monica Wong at [monica.wong@warren.af.mil](mailto:monica.wong@warren.af.mil).

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# Sergeant killed in I-25 crash over weekend

## He was described as a good person and a good friend

**Capt. Nicole Walters**  
*90th Space Wing Public Affairs*

A staff sergeant from the 90th Comptroller Squadron was killed Saturday in an accident on Interstate 25 northbound approximately five miles south of Cheyenne.

Staff Sgt. Stephen Marquez, 31, was the passenger in a vehicle returning to Cheyenne early Saturday morning when the vehicle rolled, according to the Wyoming Highway Patrol.

The news of the sergeant's death spread across the world—from Lajes Field to McDill AFB, Fla.—in a matter of minutes; he was well liked, respected and a good sergeant.

"We grieve for the loss of our friend, our coworker and our fellow servicemember," stated Senior Master Sgt. Steven Winders, 90 CPTS Superintendent. "He was a good person and we send our condolences to his family."

"It's been hard," said Staff Sgt. Scotty Johnson, 153rd Wyoming Air Guard Financial Specialist.

Sergeant Johnson has been a good friend of Sergeant Marquez since 2004; the tie has not ended with death. Sergeant Johnson left Cheyenne Tuesday morning to escort Sergeant Marquez's body back to Alamogordo, N.M., where the funeral is being held today.

Wednesday night Sergeant Johnson met with Sergeant Marquez's family to tell them about how well appreciated Sergeant Marquez was and about the good times the friends had.

"We were Security Forces Augmentees at Osan Air Base, (Korea) together," said Sergeant Johnson. "We didn't mind it, although the heat in summer was bad."

Sergeant Marquez's coworkers describe him as the strong, quiet type. He was considered reserved at work—a very "take care of business" type of guy.



Photo by Tech. Sgt. Steven Goetsch

**Staff Sgt. Stephen Marquez, 90th Comptroller Squadron, shown during a golf benefit for the Veteran's Administration June 3, 2005. Sergeant Marquez was killed Saturday in a vehicle accident on Interstate 25. He was described by his friends as a sports enthusiast.**

After work, he was heavily involved in on-base sports including golf, softball and basketball.

Sergeant Marquez is survived

by his parents. His previous assignments include Osan AB, Luke AFB, Ariz., and Peterson AFB, Colo.

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FPA



# AFSPC Vice Commander visits SMC

## General says AFSPC committed to become DoD's model for acquisition excellence

**1st Lt. Regina Gillis**  
*Space and Missile Systems Center Public Affairs*

**LOS ANGELES AFB, Calif.** — Lt. Gen. Frank Klotz, Air Force Space Command Vice Commander visited the Space and Missile Systems Center at Los Angeles AFB, Calif., Jan. 23 and 24 to meet the center's space and acquisitions professionals and to review the major programs within SMC responsibility.

The two-day visit allowed SMC Commander, Lt. Gen. Michael Hamel, SMC Vice Commander, Brig. Gen. William McCasland and SMC program office directors the opportunity to give General Klotz overviews of their programs and status briefs on the systems they acquire and develop to enhance our nation's space and missile forces.

"There have been challenges with acquiring next generation systems, but Air Force Space Command is absolutely committed to

becoming the Department of Defense's model for acquisition excellence. Lieutenant General Hamel and the SMC team are already well on their way toward meeting that goal," said General Klotz.

"We are reinvigorating our systems engineering, our program management and our workforce to achieve better performance," he said.

Better performance is the result of refining processes, building partnerships within the command and DoD and developing world-class people.

AFSPC has created a Space Professional Development Strategy aimed at giving the military and civilian workforce a greater depth of technical expertise and breadth of experience across operations, development and acquisitions.

"As General Lance Lord, AFSPC Commander, wrote in his 2005 End-of Year Update, 'the last 12 months have seen us make great



*Courtesy photo*

**Lt. Gen. Frank Klotz, Air Force Space Command Vice Commander, visited the Space and Missile System Center at Los Angeles AFB, Calif., Jan. 23 to 24. "We are reinvigorating our systems engineering, our program management and our workforce to achieve better performance," said General Klotz.**

strides in our Space Professional Development effort," said General Klotz. "The development of our SMC Acquisition School has us postured to develop future acquisition leaders. The inventory of our space professionals is complete and we have begun to reshape the assignments process ... fitting the right person to the right job to deliver mission success. Recently, we pinned on the first new space badges, which are a powerful symbol of how we

are forging the Air Force Space Command of the future ... all postured for one goal: delivering space combat effects to the joint warfighter'."

General Klotz highlighted how SMC's recent performance in space launch is pointing the way to success in all other areas.

"SMC has played an integral part in delivering cost-effective assured access to space. For example, SMC professionals worked hard in acquiring, developing and fielding our next generation of launch capabil-

ity, the Evolved Expendable Launch Vehicle. Our record of EELV launches is superb. We are now 11 for 11," said General Klotz.

General Klotz assumed his role as AFSPC Vice Commander Oct. 17, 2005.

He said his primary goal is to do the best job he can to support the commander, other senior leaders and people in AFSPC in building and operating the world's greatest Air and Space Force.



Photo by 2nd Lt. Josh Edwards

## COMBAT READY

Capt. Olek Wojnar (middle), 576th Flight Test Squadron works with Capt. Frank Brooks (right), 319th Missile Squadron and Capt. Tim Morgan (left), 90th Operations Support Squadron to monitor the implementation of new command and control software in the missile field Wednesday here for the Simulated Electronic Launch Minuteman test program. Wednesday was a unique day for the SELM program because it was the first time that codes were updated at both the launch facility and launch control center simultaneously. Look for more news about SELM in the next edition of the Sentinel.



Photo by Airman 1st Class Connor Elayan

## GOLDEN TEACHER

Tamara Stone (left), Warren Child Development Center Teacher, assists pre-school children with their daily art project while John Martin, News Director for KGWN Channel 5 News, videotapes them Feb. 3. Ms. Stone was presented the “Golden Apple” award for excellence in education from Channel 5 News.



# AFSPC gathers in Colorado for SnoFest '06

## Ski weekend drew thousands from Front Range bases

**Staff Sgt. Don Branum**  
50th Space Wing Public  
Affairs

**KEYSTONE, Colo.** — At 9,600 feet on a January afternoon in Colorado, breath is something seen, not just felt. Boots creak through snow dirty with tire tracks and footprints. Skiers tread cautiously on ice-covered roads and sidewalks.

At 11,640 feet, fast-moving winds suck the breath from one's lungs. Skiers take to the packed snow — a product of some of the best ski weather since the 1960s — on the Keystone Resort slopes, diving into the downhill courses like penguins into Antarctic waters.

Among the thousands of people adventuring in Colorado's winter weather are Airmen from bases across the Front Range — locales as near as Schriever and Peterson Air Force bases and as distant as Wyoming and Utah — gathered for SnoFest 2006 Jan. 27 to 28.

Preparing for SnoFest took months and involved long days for the services employees working at the event, said Liz Bell, 50th Services Division Marketing Director.

"We start working at 8 a.m., and we don't leave until the event is done," Ms. Bell said. "But it was worth it because everyone had a good time. It was the best SnoFest I've ever done."

A hospitality tent was open at the foot of the slopes, offering hot chocolate, snacks and maps to military visitors and SnoFest attendees. NASTAR races kicked off Friday and Saturday on the Flying Dutchman slalom course. A "Fabulous 50s Party" Friday evening drew a crowd of about 1,000 people for old-style food and dance.

Perhaps the most popular event of the weekend was the Cardboard Derby, which began at 4 p.m. Saturday as the sun dipped behind the mountains. Racers paired off and rode, pushed or



Photo by Staff Sgt. Don Branum

Approximately 200 skiers took part in NASTAR races Jan. 27-28 on the Flying Dutchman slalom course during SnoFest at Keystone Resort, Colo. For race results from the SnoFest weekend, visit [www.nastar.com](http://www.nastar.com), click on "check race results," then select Keystone Resort.

surfing on vehicles made of old boxes and duct tape.

Schriever sledders in the family and organization categories were "on-time, on-target"—the "Party Barge" was closest to target in the organizational category, and Poon's "007" hit the bullseye in the family category.

First Lt. Martin Poon, Schriever AFB, won most creative sled in the 2005 Cardboard Derby's individual category with a sled

shaped like an F-22 Raptor. The James Bond movie "Living Daylights" was Lieutenant Poon's inspiration for his design this year—a cello case-shaped sled.

The lieutenant also got into character for the ride.

"I spent the day snowboarding; then, for the race, I put on my (low quarter shoes), jumped on the cello case and went down," he said. "I had a boom box that was playing the James

Bond theme the whole way down."

While temperatures dropped Saturday night, SnoFest partygoers gathered indoors near the River Run slopes for a last hurrah.

"You can move to ... another Front Range base and still see all your friends from your last base," Ms. Bell said. "That's what makes SnoFest such a wonderful Air Force Space Command event."



# ANG enlisted member becomes Missileer

## Maine native volunteers his time as a Youth Minister

*Airman 1st Class Tessa Cubbon sat down with Missileer 2nd Lt. Matthew Lord, 319th Missile Squadron, to talk about his enlisted time in the Air National Guard, Maine and why he calls his parents his heroes.*

### What did you do before the Air Force?

I spent eight years in the Air National Guard. I was active for a year and a half toward the end of that. I was enlisted and I got the option to apply to OTS after 9/11. My commander kind of pushed me to apply. So I did it, and he wrote me a really good recommendation. And here I am.

### What do you do at the 319th Missile Squadron?

I'm a missileer.

### What's the best part about being a missileer?

You get to work with a lot of people your own age. My friends in the civilian world have a hard time finding people to hang out with. There's no ceiling in this career field either. You have the chance to go all the way up to four-star [general]. General (Lance W.) Lord, (Air Force Space Command Commander) was a missileer. If you want to get out, having a top secret clearance and experience sets you up pretty well for civilian work.

### What do you think other people misunderstand or take for granted about your job?

I think a lot of people think – and I did before I came into this career field – that you just sit downstairs, watch TV and wait for Armageddon. It's a lot busier than most people believe when you're on alert.

### Who's your hero?

My parents in some ways because they always do things in life more out of principle – out of looking out for other people, even if that means sacrificing things for themselves. I appreciate that about them. My

grandfather for the same reasons, too. That's one of the reasons I joined the military. He got wounded in WWII. That was hard for him, but he never complained about it.

### When you were a kid, what did you want to be when you grew up?

When I was really little? A professional football player or basketball player, but the size thing didn't quite happen for me.

### What's the biggest honor you've ever had?

Besides being an officer, I guess I wrote an honors thesis in college. I got high honors on it.

### What was your thesis on?

Circadian rhythms, which are your body's natural rhythms like body temperature, hormonal levels, sleep, etc ... I worked in a neuroscience lab. We did some brain lesioning surgeries on animals to see how certain parts of the brain affect your daily rhythms. My thesis focused on how mood disorders affect circadian rhythms.

### Where did you go to school?

The University of Maine. That's where I'm from.

### What do you miss most about Maine?

A lot of things. The biggest thing is the landscape, especially the ocean and trees. I miss the ocean a lot. I miss the food a lot too. It's hard to get good seafood around here and, besides Mondello's, no one knows how to make an Italian sandwich. And then there's my family and friends.

### What volunteer work do you do?

I'm a Youth Minister at Saint Mary's Catholic Church. I did it in high school and I liked it.

### Why do you like it?

It's a nice escape from work and the base, and the kids are a lot of fun.



Photo by Airman 1st Class Tessa Cubbon

**Second Lt. Matthew Lord, 319th Missile Squadron, spent eight years as an enlisted member in the Air National Guard before becoming an active-duty officer.**

They remind me what is important when I'm stressed or too focused on trivial things.

### What activities do you participate in on base?

I help [with] the boxing sometimes. Usually when we have boxing exhibitions, (base boxing coach 1st Lt.) Rodney (Ellison, 319 MS) needs help so I give him a hand with that.

### What do you hope to do with your life?

I'm still kind of figuring that out.

I just hope that whatever I do, I'm happy and feel like I'm doing something I'm very proud of. I think I might stay in. It depends how I feel when my obligation is up. If I'm not an officer, I'd want to be a professor at a university.

### What would you do if you were Wing Commander for a day?

I would want to let people know they were appreciated. I'd walk around to every unit I could just to talk to the troops and say how much I appreciate their hard work.



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## Ski Free at Ski Cooper

In appreciation of military members, Ski Cooper is hosting a free military appreciation day Tuesday. Outdoor recreation has a limited number of free lift tickets. These free tickets are for active-duty military members and their dependent family members only. Ski Cooper will also have free ski rental, \$10 ski or snowboard lessons for those age 11 years and older, and half off everything in their cafeteria. Customers must show an active-duty military ID to receive this offer. Reservations for the lessons can be made by calling Ski Cooper at 719-486-3684. ODR is offering transportation to Ski Cooper for \$15 per person. Reservations with payment are required by today.

For more information, call 773-2988.

## Colorado Eagles hockey trip

Outdoor recreation is hosting a trip to the Budweiser Event Center Saturday where the Colorado Eagles will take on the Lubbock

Cotton Kings. Tickets are \$16. Travel by ODR is an extra \$6. The trip departs at 5 p.m., game time is 7:05 p.m. Tickets will also be available for the March 24 game.

For more information, call 773-2988.

## Ski Jackson Hole

Outdoor recreation is hosting a ski trip to Jackson Hole, Wyo., Feb. 17 to 20. Jackson Hole has plenty of shopping opportunities, art galleries, restaurants, snowmobiling and elk refuge tours. The cost is \$195 per person (double occupancy) and includes transportation, ski or snowboard package and three nights lodging in downtown Jackson. Discounted lift tickets can be purchased for \$35 (active-duty military ID cardholders only) at Teton Village ski area or \$51 for DoD, military dependent or military retiree ID cardholders from ODR.

For more information, call 773-2988.

## Snowmobile adventure

Outdoor recreation is

hosting a snowmobiling trip to Snowy Mountain Range Sunday. The cost is \$115 for each snowmobile driver, \$60 for adult riders, \$35 for child riders ages 10 to 16 and \$10 for children 9 and under. Snowmobile operators must be at least 16 to operate the machine alone. Helmets are included. The trip is scheduled to depart ODR at 6:30 a.m. and return to base approximately 4 p.m.

For more information, call 773-2988.

## NAF sale

The Nonappropriated Funds Sale is scheduled for 11 a.m. to 3 p.m. Feb. 22, for E-4 and below, and from 8:30 a.m. to 3 p.m. Feb. 23 and 24 for everyone in Building 313.

Items include sofas, chairs, end tables, armoires, coffee tables, headboards, mattress/box spring sets, framed pictures, dressers, night stands, crock pots, toasters, kitchen utensils and more.

For more information, call 773-2500.

## Dodgeball tournament

A free dodgeball tournament is scheduled for 4 p.m. Feb. 25 at the Warren Community Center. Teams of five should sign up before Feb. 22. Winners receive two free hours of laser tag, trophies and surprise gifts. Second place winners receive half hour batting cage time.

For more information, call 773-3511.

## Opera and dinner

The National Endowment for the Arts presents a free performance from Great American Voices, a military base tour of melodies from opera and Broadway performed by the Opera Colorado 7 p.m. Feb. 23 at the Trail's End Club. Dinner choices range from \$13 to \$15 for club members. Dinner reservations are being accepted for 6 p.m. Dress is casual.

For more information, call 773-3048.

## Family Night is back

Families are invited to dinner 5 p.m. Feb. 22 at the Trail's End Club for games, movies, door prizes and a

Southern buffet. The cost is \$6.95 for club members and \$8.95 for non-members, \$3.95 for children ages 6 to 10 and free for children 5 and younger.

For more information, call 773-3048.

## Operation Night Hoops

Youth ages 13 to 18 are invited to the Teen Center, 110 East Plaza, every Friday night, from 7 to 9 p.m. beginning Feb. 17 for Operation Night Hoops. The program also includes weekly discussions on drugs, alcohol and tobacco, periodic life skills workshops and a pledge to be drug, alcohol and tobacco free.

For more information, call the Youth Center at 773-2564.

## Valentine's dinner at Chadwell

Authorized customers are invited for dinner at Chadwell Dining Facility 4:30 p.m. Tuesday on the Eagle's Nest side. Choose from steak, grilled chicken or pork roast.

For more information, call 773-3838.



Photo by Airman Brandy Holcepl

## THIS ONE'S FOR DAD

With the help of Tech. Sgt. Rhonda Sargent, 90th Mission Support Squadron, Matthew Palazzo, 2, makes a personalized pillow case for his deployed father, Master Sgt. Dennis Palazzo, 90th Logistics Readiness Squadron, as his brother, Joshua, 6, and mother, Kathy, look on. Families of deployed Warren members were invited to make personalized T-shirts, mugs and pillowcases as part of the Hearts Apart program Saturday at the Family Support Center here.

Sponsored by the African-American Heritage Committee

**3 SPECTACULAR EVENTS**

**Fashion Show**  
*African Dance*  
**REGGAE DANCE**

**FEB 18, 2006 AT THE TRAIL'S END CLUB**

**Fashion Show & African Dance**  
**7 p.m.**

JOIN US AT THE  
**REGGAE DANCE**  
AFTER THE SHOW!!!

**celebrating community**

A Tribute to Black Fraternal, Social and Civic Institutions

AAHC presents

**AGOSPEL EXTRAVAGANZA**

**Workshop Schedules**

Feb. 10	5 to 9 p.m.	Main Chapel
Feb. 11	8 a.m.-6 p.m.	White Chapel

**Concert Schedule**  
Feb. 12 • 5 p.m. • Base Chapel

**FREE** Facilitator: TSgt Brian King, Beale AFB  
Guest Facilitator: Rev Daryl Cherry, Colorado Springs, CO

For more information please contact Capt Dillard x4948

**celebrating community**

A tribute to Black Fraternal, Social & Civic Institutions

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